

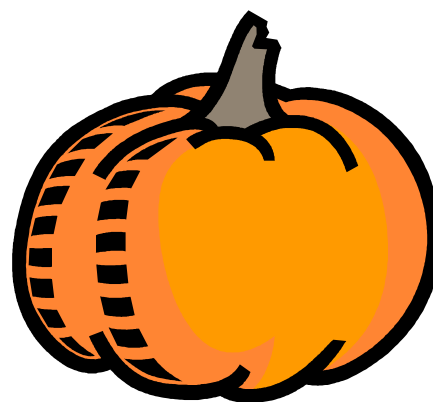


## Vegetable of the Week: Pumpkin

### Healthy Recipe Idea: Baked Banana Pumpkin Bread

#### Ingredients:

2 ripe bananas  
1/2 cup egg substitute  
1/3 cup vegetable oil  
1 1/3 cups canned pumpkin puree (not pie filling)  
1/2 cup honey  
1/2 cup white sugar  
2 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
2 tablespoons pumpkin pie spice  
1 teaspoon ground cinnamon  
3/4 cup raisins



#### Directions:

Preheat oven to 350°. Grease a 9x5-inch loaf pan. In a large bowl, stir together the mashed banana, eggs, oil, pumpkin, honey, and sugar. Combine the flour, baking powder, baking soda, pie spice, and cinnamon. Stir the dry mixture into the banana mixture until just combined. Fold in the raisins. Pour batter into pan and bake for 45 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before moving it to a wire rack to cool completely.

#### How do I mash my bananas?

Use mostly yellow bananas with black or brown spots. Peel bananas and place in a bowl with a flat bottom. Mash with a fork or potato masher until mostly smooth. If using frozen bananas, let thaw. Some of the liquid will have separated out of the banana and the bananas will have gotten sort of floppy. This is alright. Pour the thawed bananas and liquid into a bowl with a flat bottom and mash with a fork or potato masher until mostly smooth.